



## SPORTS NUTRITION: *Quick Tips for Peak Performance*

1. ***Eat Breakfast Every Day!***
  - ⚽ Eating breakfast will help you perform better in class and will jump-start your energy level for the day.
2. ***Stay Hydrated!***
  - ⚽ Dehydration (lack of fluids) easily leads to decreased performance. Water is the most important nutrient for active people. Be sure to drink early and drink often, especially in the hot desert sun.
3. ***Eat Fruits and Vegetables with Each Meal!***
  - ⚽ Fruits and vegetables are packed with vitamins and minerals. Vitamins and minerals help to unlock the energy stored in food so your body can use it as fuel.
4. ***Eat a Mixture of Carbohydrate and Protein Right After Your Workout!***
  - ⚽ Your body's ability to heal itself is one of the limiting factors of performance. Eating something within 30 minutes after your workout will give you a head-start on repairing your muscles and refueling your body.
5. ***Never Skip Meals!***
  - ⚽ When you skip meals you deprive your body of the energy it needs to fuel your muscles and brain causing your performance to suffer.
6. ***Make Good Meal Choices!***
  - ⚽ Food is the fuel that drives your activity. Limit junk and fast food for optimal performance. Foods like fruits, vegetables, and whole grains give you energy that lasts longer than processed foods like chips and soda.
7. ***Get Some Rest!***
  - ⚽ The body heals itself and repairs your muscles while sleeping. Try to get 8 hours of sleep each night.